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**ABSTRACT.** *of the Disclosure*

5 A method for performing a surgical procedure includes the steps of providing a surgical retractor including a sleeve member having two opposed retractor arms at its distal end portion, at least partially inserting the retractor arms of the retractor within a space defined between adjacent bony structures whereby first and second supporting surfaces of each retractor arm respectively engage the opposed structures thereby distracting the structures, and performing the surgical procedure. A method for inserting a spinal implant is also disclosed. Instrumentation for performing the procedure is also disclosed.

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